

Top up Tuesday

February 2026 Week 1

Welcome to your weekly top up of newsbites from me, Charlie Marillier, British Powerlifting's CEO.

LONG TERM STRATEGY AND PLANNING

I've had some very interesting and valuable conversations with stakeholders such as Sport England and our long-term partners in lieu of solidifying our long-term strategy.

As many of you know, discussions with sport England are around adhering to the UK Sport code of governance which has been a topic of conversation for many years. We are working with experienced and skilful members, as well as external bodies, to ensure our long-term strategy aligns with the requirements from the various stakeholders.

What I mean by stakeholders is organisations or people who are invested in British powerlifting. One of those stakeholders is you, the member. We will soon be engaging with you on this through a feedback form asking your opinion of what you would want from British Powerlifting.

It's apparent that British Powerlifting has benefited from both the enjoyment and health benefits that come from strength training, as well as the growth of strength-related sports such as CrossFit in the 2010s.

But for our growth to continue and be sustainable, it must be driven by what people enjoy from powerlifting.

I urge everyone reading this to share this with people and get them all to provide feedback on how they would like to see British powerlifting grow. It's very important that we use everybody's lived experiences of the sport, and the various reasons people engage with powerlifting, to help with our growth.

We will be releasing this feedback form in the next few weeks, and we will publish it in the newsletter, on our socials and on our website.

Top up Tuesday

COMPETITION FEEDBACK

Thank you to everybody who completed the competition feedback form, your thoughts and opinions were very useful in helping us to prepare for the next few national championships.

It was of particular note that accessing information was an area that could be improved. So, to that end I'd like to provide a how-to on getting information for competitions.

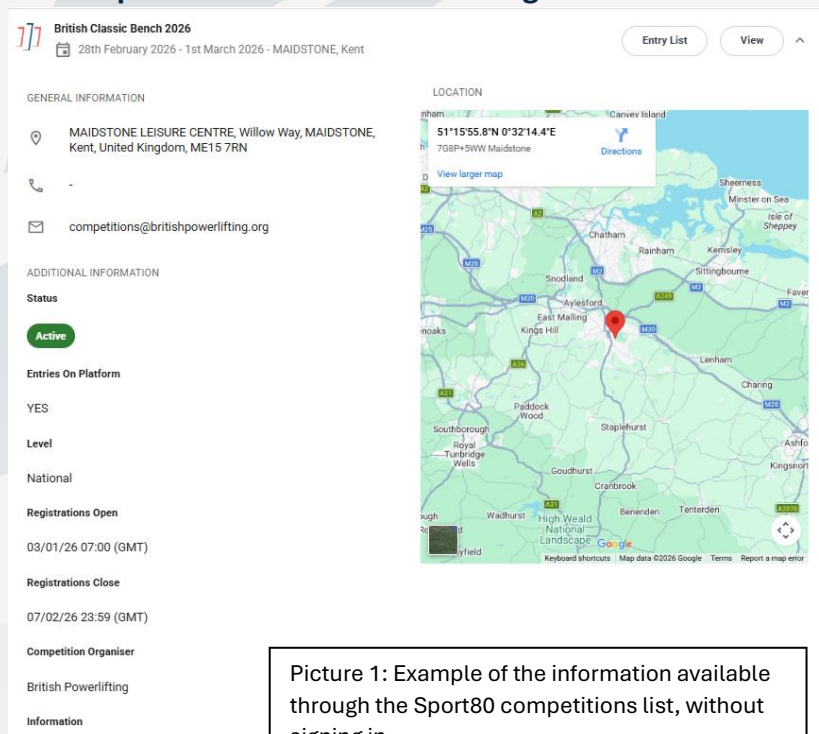
Where to find competitions within British Powerlifting

In the [Upcoming Competitions](#) section of the British Powerlifting website you will find a link that takes you to the listings of all competitions sanctioned through British Powerlifting.

This link takes you to the [Sport80 list](#) of British Powerlifting competitions.

Here you can find information such as:

- Name of the competition
- Address
- Dates
- Website or entry link
- Contact email
- Status such as 'active' or 'closed'
- Level of the competition such as 'divisional' or 'national'
- Competition organiser
- If the entries are to be shown on the platform meaning on the Sport80 platform
- Registration opening/closing dates (where applicable)



Picture 1: Example of the information available through the Sport80 competitions list, without signing in

Top up Tuesday

Where to find information about a specific competition

When you log in to your Sport80 members profile, head to the competitions tab you will see the same list of competitions noted above, however, this time the entry will have all the information necessary for lifters.

You can see in this screenshot the additional information for the upcoming British Bench Press championships that is available just under the main information, but only when you log in.

Sport80 portal was introduced to British Powerlifting last year, the Championships secretary Kim Cowell and Records Registrar Craig Wilkins have been working endlessly with the developers to ensure the service you receive is as beneficial as possible. With your continued feedback, we believe we will achieve this.

As I mentioned a few weeks ago, we will also be releasing our new website, which is just going through its final testing stages. We believe this will elevate the accessibility of information once again through displaying competitions and information directly on the website.

I would like to thank Andrew Ward, Shirely Dench and Abdul Butt for their continued work with the website developers ensuring you receive the most useful, helpful, informative and interactive website possible.



Event Info

Entry fee: £55 | Doping fee: £20

Entries: You can use the filter icon to look through the entries on the Sport80 platform. A sorted list is also published [here](#), however, it is periodically updated and therefore may not reflect the full list of entrants at the time of checking. Please do not email / raise a ticket if you are not on the list.

Schedule: Click [here](#)

Rota: Click [here](#)

Qualification

2026 qualifying totals can be found [here](#). The last date to set a QT is 25/01/2026 with no exception.

The qualifying procedure can be found [here](#).

Dispensation

If you intend to apply for dispensation, please enter the event and then submit your application for dispensation [here](#).

Refund Policy

Please note that refunds are available up until the closing date of the event (i.e., 07/02/2026, 23:59), however, the platform fees will not be refunded.

Picture 2: Example of the information available through the Sport80 competitions list when logged in.

Top up Tuesday

EUROPEAN MASTERS CLASSIC CHAMPIONSHIPS

This week the European Masters Classic Powerlifting championships, being held in Oulu Finland, began with a bang!

I've seen streams of British lifters with records after records across the socials. It's been incredible to watch.

Our intrepid reporter, Jo Whiteley, has provided a summary of the successes:

MASTERS 4

47kg - Marina Cornwall - 201kg - GOLD
63kg - Joan Trimble - 342.5kg - GOLD
63kg - Susan Sabuda - 282.5kg - SILVER
69kg - Melanie Lester - 275kg - SILVER
76kg - Jan Hunt - 247.5kg - SILVER
76kg - Linda Boyham - 232.5kg - BRONZE
59kg - Barry Lilley - 305kg - GOLD
74kg - David Marginson - 504kg - GOLD
83kg - Phil Burge - 367.5kg - 6th

M4 European squat record - 47kg - Marina Cornwall - 61kg
M4 European total record - 47kg - Marina Cornwall - 201kg
M4 World squat record - 63kg - Joan Trimble - 118.5kg
M4 World bench record - 63kg - Joan Trimble - 68.5kg
M4 World deadlift record - 63kg - Joan Trimble - 155.5kg
M4 World total record - 63kg - Joan Trimble - 342.5kg
M4 European squat record - 74kg - David Marginson - 166kg
M4 World deadlift record - 74kg - David Marginson - 228kg
M4 World total record - 74kg - David Marginson - 504kg

Women's Team - 1st place

Men's Team - 2nd place

Top up Tuesday

MASTERS 3

47kg - Carrie Clarke - 252.5kg - SILVER

52kg - Nicola Solis - 267.5kg - SILVER

57kg - Denise Bird - DQ

63kg - Deborah Tiernan - 335.5kg - GOLD

63kg - Kim Gough - 317.5kg - SILVER

76kg - Heather Tagg - 401.5kg - GOLD

84kg - Jackie Blasbery - 345kg - BRONZE

M3 World squat record - 63kg - Deborah Tiernan - 123kg

M3 World deadlift record - 76kg - Heather Tagg - 179kg

M3 World total record - 76kg - Heather Tagg - 401.5kg

Women's Team - 1st place

Men's Team – *to be decided at the time of writing*

To see all the records broken by our British Lifters, check out the [EPF Instagram page](#), the [British Powerlifting Instagram](#) page, the [results on the EPF website](#), as well as the live streaming through [Goodlift](#).

Top up Tuesday

EQUIPPED POWERLIFTING OPEN FORUM

This is a reminder for the next open forum: Equipped Powerlifting focused.

If you would like to be involved in helping develop the future of Equipped Powerlifting, please join us on:

 Wednesday 25 February

 7:00–8:00pm

 [Zoom Video Call](#)

The session will be attended by:

- Interim-Chair, Fraser Montgomery, British Powerlifting
- CEO, Charlie Marillier, British Powerlifting
- Other members of the British Powerlifting Board and Sub Committee lead

This forum is an opportunity for members to raise questions, concerns, opinions, and ideas to enhance the engagement, experience and enjoyment of Equipped Powerlifting in Britain.

Can't attend?

Members who are unable to join the forum can still contribute by:

- Emailing their thoughts directly to me at charlie.marillier@britishpowerlifting.org

A reminder on professionalism

Please note that this consultation process is managed entirely by volunteers at both IPF and federation level. Any feedback should be well considered, concise, constructive, and respectful, and free from abusive or inappropriate language.

Top up Tuesday

WHAT'S COMING UP:

- European Masters Classic Championships, 7-15 February in Oulu, Finland.
- European University Cup Classic Powerlifting, 17 - 20 February in Merignac, France
- British Classic Bench Press Champs, Feb 28 – March 1 in Maidstone, Kent.

Check out all [the upcoming competitions](#) from British Powerlifting and you can find all the [International Competitions from the IPF Calendar](#).

I would like to wish all the athletes preparing for these upcoming competitions good luck.

There will not be a Top up Tuesday next week, the next one will be Tuesday 24 February.